

JERSEY TASTES! ACTIVITY SHEETS

Bountiful Blueberries

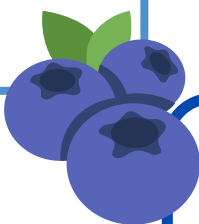


FUN FACT:

Native Americans once called them "star berries," because the five points of blueberry blossoms make a star shape.

RECIPES:

Breakfast: Blueberry Banana Oat Bars
Lunch: Blueberry Coconut Roll Ups
Dinner: Jersey Fresh Blueberry Pizza



MADE IN COLLABORATION WITH:



ALL ABOUT NEW JERSEY!

New Jersey's state fruit is the blueberry and it ranks 5th in the nation in blueberry production. Blueberries are in season during the summer months June & July.

They are largely grown in the south Jersey Pine Barrens because the blueberry plants like the acidic, sandy soil there.

HOW DOES IT GROW:

Check out this video on how blueberries grow!



ACTIVITIES:

Pre-K: Blueberry Coloring Sheet and Blueberries for Sal Book, with lessons

Lower Elem K-2 : Blueberry Puzzles

Upper Elem 3-5 : Berry Spinach Smoothie

Middle: Forms of blueberries and Recipe Flavor Pairings

HS: Article about Wild Blueberry Production in NJ and 10 Great Recipes

NUTRITION FACT:

Blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable.



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